



From Conflict to Connection

FREE training for practitioners in Reading

July 2026 - March 2027

Why 'From Conflict to Connection'?



Strong evidence shows that the quality of parental relationships significantly affects children's development. While some conflict between parents is normal and when resolved well can benefit child development, if the conflict is 'frequent, intense, and unresolved' it can harm children's long-term outcomes.

BFfC's From Conflict to Connection coordinator works with Parenting Special Children to deliver our learning and practice development programme.

1) 'From Conflict to Connection' training

This is an evidence-based training programme for practitioners, designed to help them support families to manage conflict within their home and communicate with each other in a more constructive way.

Target audience

All those who are working or volunteering with parents/carers and/or families in and around the Reading area.

Aims:

- To identify the signs and signals of healthy and unhealthy relationships between parents/carers
- To understand the difference between conflict that belongs to normal, everyday differences of opinion, and that which is 'frequent, intense and unresolved'
- To increase participants' understanding on the mental, physical and emotional impact on the children and young people's development because of such conflict, as well as on the adults themselves
- To explore and understand our responses to difference of opinion and disagreements
- To identify issues likely to create strain and tension within adult relationships
- To add to participants' awareness and understanding of models, tools and approaches to use with parents/carers to increase productive communication
- To clarify the participants' role when offering support to parents/carers in reducing unproductive conflict
- To help parents/carers increase their ability to resolve difference of opinion and disagreements productively
- To deepen participants' knowledge and skills by practising a variety of models and tools to use when supporting parents and carers

Dates, times, and venues:

All sessions will be held at **Committee Room 1, Civic Offices, Bridge St, Reading RG1 2LU.**

Weds 15 July 2026	Weds 4 November 2026	Tues 26 January 2027	Tues 23 March 2027
9.30am-4pm	9.30am-4pm	9.30am-4pm	9.30am-4pm

Booking details

The programme is funded by the Department for Work and Pensions and therefore **free** to participants.

To book your place(s) please email peter.burton@reading.gov.uk

If you have any questions or queries, please email either Peter Burton or OneReading@reading.gov.uk.